

**DAY 2~~REGULAR DIET**

**\*REGULAR PORTIONS** ( )  
**SMALL PORTIONS** ( )  
**LARGE PORTIONS** ( )

**FRUITS AND JUICES**

( ) **\*1/2Banana** ( ) Cranberry Juice  
( ) Tomato Juice ( ) Grape Juice  
( ) Apple Juice ( ) Orange Juice  
( ) Apricot Nectar ( ) Prune Juice  
( ) Cranapple Juice ( ) V-8 Juice

**CEREALS**

( ) **\*Corn Flakes** ( ) Rice Krispies  
( ) Bran Flakes ( ) Shredded Wheat Minis  
( ) Cheerios ( ) Wheaties  
( ) Cream of Wheat ( ) Malt-O-Meal  
( ) ½ & ½ ( ) Oatmeal

**ENTREES**

( ) **\*French Toast** ( ) **\*Bacon**  
( ) Egg Beaters ( ) Cottage Cheese  
( ) Peanut Butter ( ) Yogurt W/Fruit

**BREAKFAST BREADS**

( ) Buttered White Toast  
( ) Buttered Whole Wheat Toast  
( ) Buttered Raisin Toast  
( ) Toasted Bagel with Cream Cheese  
( ) Toasted English Muffin  
( ) Assorted Danish

**BEVERAGES/CONDIMENTS**

( ) **\*Coffee** ( ) Hot Chocolate  
( ) Decaf Coffee ( ) Creamer  
( ) Hot Tea ( ) Non-Dairy Creamer  
( ) Herbal Tea ( ) Lemon  
( ) Whole Milk ( ) **\*Margarine**  
( ) **\*2% Milk** ( ) Jelly  
( ) Skim Milk ( ) Honey  
( ) **\*Sugar (2)** ( ) **\*Syrup**  
( ) Mrs. Dash ( ) Sugar Substitute  
( ) **\*Pepper** ( ) **\*Salt**

**DAY 2~~~REGULAR DIET**

**\*REGULAR PORTIONS** ( )  
**SMALL PORTIONS** ( )  
**LARGE PORTIONS** ( )

**APPETIZER/SALAD**

( ) **\*Five Cup Salad**  
( ) Tossed Salad  
( ) Ranch Dressing ( ) French  
( ) Thousand Island  
( ) Italian Dressing  
( ) Club Cheddar Cheese Soup with Oyster Crackers

**ENTREES / STARCH**

( ) **\*Roast Beef**  
( ) Hot Roast Beef Sandwich  
( ) Turkey Sandwich with Lettuce & Tomato

**VEGETABLE / STARCH**

( ) **\*Baked Potato with Margarine & Sour Cream**  
( ) **\*Broccoli Spears**  
( ) Peas

**BREADS**

( ) **\*White Dinner Roll**  
( ) Whole Wheat Dinner Roll  
( ) Wheat Bread

**DESSERTS**

( ) **\*Raspberry Sherbet**  
( ) Vanilla Ice Cream cup  
( ) Fresh Fruit in Season

**BEVERAGES / CONDIMENTS**

( ) Coffee ( ) Decaf Coffee  
( ) Hot Chocolate ( ) Ice Tea  
( ) **\*Hot Tea** ( ) Creamer  
( ) Herbal Tea ( ) Non-Dairy Creamer  
( ) Whole Milk ( ) Lemon  
( ) **\*2% Milk** ( ) **\*Margarine**  
( ) Skim Milk ( ) Jelly  
( ) **\*Sugar (2)** ( ) Honey  
( ) Mrs. Dash ( ) Sugar Substitute  
( ) **\*Pepper** ( ) **\*Salt**

**DAY 2~~~REGULAR DIET**

**\*REGULAR PORTIONS** ( )  
**SMALL PORTIONS** ( )  
**LARGE PORTIONS** ( )

**APPETIZER /SALAD**

( ) **\*Mixed Fruit Salad**  
( ) Tossed Salad  
( ) Ranch Dressing ( ) French  
( ) Thousand Island ( ) Italian Dressing  
( ) Assorted Jell-O Cubes

**ENTREES / STARCH**

( ) **\*Vegetable Lasagna**  
( ) Grilled Chicken Romano

**VEGETABLE**

( ) **\*Carrot Coins**  
( ) Asparagus Spears

**BREADS**

( ) **\*White Dinner Roll**  
( ) Whole Wheat Dinner Roll  
( ) Wheat Bread

**DESSERTS**

( ) **\*Boston Cream Pie**  
( ) Vanilla Ice Cream Cup  
( ) Rainbow Sherbet

**BEVERAGES / CONDIMENTS**

( ) Coffee ( ) Decaf Coffee  
( ) Hot Chocolate ( ) Ice Tea  
( ) **\*Hot Tea** ( ) Creamer  
( ) Herbal Tea ( ) Non-Dairy Creamer  
( ) Whole Milk ( ) Lemon  
( ) **\*2% Milk** ( ) **\*Margarine**  
( ) Skim Milk ( ) Jelly  
( ) **\*Sugar (2)** ( ) Honey  
( ) Mrs. Dash ( ) Sugar Substitute  
( ) **\*Pepper** ( ) **\*Salt**